

**ACTIVITY**

**DESCRIPTIONS**

In this booklet you will find an explanation of most activities offered at camp. There are many unique activities geared to every individual camper. Please read the descriptions and if you have any questions, please call the camp office.



**Fine Arts**

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**Fun & Games**

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**Recreation**

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**Specialty**

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**Sports**

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**Technology /  
Science**

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**ESIC ONLY**

**FRIENDSHIP BRACELETS**

Learn different types of intricate designs and patterns to make amazing bracelets for yourself and friends.

**JEWELRY & BEAD MAKING**

Learn how to make your own necklaces, bracelets and earring using beads. Wear your own or make them

**SLIME, SLIME ALL THE TIME**

Be prepared to get messy!!! Campers will make Fluffy Slime , Neon Green Ooze , Unicorn Slime, Spider Web Slime, and Rainbow Slime.

**EVERYTHING GLITTER**

Campers use glitter and many different types of glitter to decorate signs, and posters.

**\*\* New for 2022\*\***

**CHALK ART**

Campers will use chalk to create unique drawings , chalk facilitates excellent color control and blending abilities.

**TIE DYING**

Campers will learn how to create abstract paintings.

**LANYARD**

Campers will learn how to make lanyard bracelets and keychains.

**TISSUE PAPER CRAFTS**

campers will used tissue paper to create flowers, sun catchers, butterflies, and coasters

**PAPIER MÂCHÉ**

Bowls, lanterns, ornaments, jewelry, and dinosaur eggs are just a few of the options campers will create using paper, fabric, and glue!

**DRAWING**

Campers will learn to use different ways to create drawings, using techniques of producing images on a surface usually paper. They will use different types of drawing utensils which include , but not limited to ink, chalk, marker, paint, or crayon.

**PICASSO PAINTING**

The process of tie and dye typically consists of folding, twisting, crumpling or pleating a fabric and then dyeing it, that produces differ-ent textures through dyes. Campers will have fun tie dyeing T-shirts during our tie dye week!

## ELIMINATION

Trick ball game - Specialist tries to outsmart campers in a very fun and exciting game of catch. Works on campers' attention and fine motor.

## HULA HOOP TIC TAC TOE

Use hula hoops to set up a Tic-Tac-Toe board on the opposite end of the playground from where the players are lined up. When the facilitator yells, "Go," the first player on each team races to the Tic-Tac-Toe board, places a cone on the board, and runs back to the starting line.

## KEEP IT UP

Each group stays within the activity area and plays a game of "keep it up" by hitting a ball into the air to pass it to each other. Campers work together to prevent the ball from hitting the floor.

## SCAVENGER HUNTS

Campers will be given a list and then scavenge around and find, smell or do all of the things on their list.

**\*\* Enhanced for 2022\*\***

## TEAM BUILDING ACTIVITIES

Team building activities are an easy way to engage campers and support campers who struggle with communication and social skills.

## STORY TIME



Campers will be transported into far away lands during story time. They will have fun with stories, songs, and more, that encourage development of early literacy skills in young children.

## RELAY RACES

Campers will compete in races such as, water relays, Egg-and-Spoon Races, Dress-Up Relay , Hula Hoop Pass, Balloon Relay Race, and Crab Walk.

## NATURE WALKS

Nature walks are an opportunity to relax, take your time, and explore the environment.

## COLOR WARS

Color wars is a competition played in summer camps. Campers & staff are divided into teams, each of which is assigned a color. The teams compete against each other in challenges and events to earn points.

## ROCK PAPER SCISSORS SHOWDOWN

Hula Hoop Showdown: This game takes Rock, Paper, Scissors to a whole new level! Students must jump into each hoop to move across the board. Their goal is to make it to another teams cone in order to earn one of their tokens to take back to their team's bucket. As the student is jumping, they can come head to head with another student.

## RUNNING BASES

Two kids would be selected to be "it", one at each base. The other kids would divide and go to the bases. The game started by the two kids who were "it" tossing the ball to each other. The object of

## STEAL THE BACON

The person who gets the "bacon" first tries to run across his/her team's goal line without being tagged. The person whose number was called who did not get the "bacon" should try to tag the other player before they get across the goal line. Once someone is tagged or gets across their goal line, the round is over.

## TAG GAMES

Campers will enjoy playing many different types of tag such as: Freeze Tag, Turtle Tag, Blob Tag, Link Tag and Bandage Tag.

**\*\* Enhanced for 2022\*\***

## ULTIMATE FRISBEE

Ultimate is a non-contact, self-refereed team sport played with a flying disc frisbee. The aim of the game-Two teams of seven players compete on a playing field about the same length as a football field, but narrower. At each end of the playing field there is an end zone. Each team defends one end zone.

## FOUR SQUARE

Four square is a ball game played among four players on a square court divided into quadrants. The objective of four square is to eliminate other players to achieve the highest rank on the court, and this is done by bouncing the ball back and forth between quadrants.

## KNOCKOUT

Knockout (is a fun basketball game that a team or a group of friends can play as a way to increase common basketball skills such as free throw shooting and rebounding.

## OBSTACLE COURSES

Campers will run through a series of challenging physical obstacles an individual, or team usually while being timed. Obstacle courses can include running, climbing, jumping, crawling, swimming, and balancing elements with the aim of testing speed, endurance and agility.

**\*\* Enhanced for 2022\*\***

## BOARD GAMES

Campers can play checkers, chess, Connect Four, Uno. This activity room encourages socialization and friendly competition.

## DANCE

Campers will enjoy learning dances such as: Cha Cha Slide, Cotton Eye Joe and the Cupid Shuffle.

## MARTIAL ARTS

Campers will learn an array of skills such as: Increased focus and concentration, self confidence, respect, making friends and improved social

## IMAGINATION PLAYGROUND



Campers will play with big foam blocks that are basically a portable playground that can turn any space into a place for learning, social interactions, and open-ended play.

## SING DOWN!

Campers are split into groups and given a key word or phrase (love, New York, dance, etc.) Each group creates a list of as many songs that include the key word or phrase. The groups then take turns singing the songs out loud on their lists.

## DRAMATIC PLAY IMAGINATION



A type of play in which children assume various roles and act them out. Dramatic play engages the imagination, builds confidence, and prepares young campers to tackle real life situations.

## BADMINTON

So what are the basic Badminton rules? You and the opponent hit the birdie back and forth over the net. When the birdie hits the floor the point is over. The winner adds one point to their score. The game is over when the first player gets to 21 with a two-point lead. You can only hit the shuttlecock once to get it over and you can't let it bounce.

## SOCCER

Learn the basic of passing, kicking, and defense. Campers will strengthen their skills through scrimmages and games. Join us on the soccer field for this high-energy game!

## SWIMMING

Get instruction from Red Cross Swim Instructors. Campers will get tested on their first day of camp. Campers will learn a variety of strokes and learn or improve their diving

## BASKETBALL

Basketball is a game played between two teams of five players each on a rectangular court, usually indoors. Each team tries to score by tossing the ball through the opponent's goal, an elevated horizontal hoop and net called a basket. Campers will learn to play "Knock Out", "Horse" as well as traditional basketball.

## KICKBALL

A game for children that resembles baseball but that is played with an inflated ball which is kicked instead of being hit with a bat.

## CAPTURE THE FLAG

Capture the Flag is a classic team game played indoors or outdoors. Two teams each have their own color flag placed in their "home base." The objective is to steal the other team's flag and take it to their own base. Players can tag or capture opposing players if they enter enemy territory.

## GA-GA

Ga Ga is played in a huge octagon put using a foam dodgeball. Players can hit the ball with their hands but can't pick up the ball and throw it. IF the ball touches a player from the knows down they are out. Last player in the out wins.

## AROUND THE WORLD BASKETBALL

A basketball variant played by 2 or more players, who have all agreed upon a turn order. The game requires a sequence of shooting positions to be decided upon. The object is to be the first player to make a shot from all positions.

**\*\* Enhanced for 2022\*\***

## BASEBALL

Baseball is a bat-and-ball game played between two opposing teams, of nine players each, that take turns batting and fielding. The game proceeds when a player on the fielding team, called the pitcher, throws a ball which a player on the batting team tries to hit with a bat.

## FOOTBALL

Can you catch a volleyball? This game is similar to volleyball but instead of volley you catch the ball and throw it over the net. IF the ball is dropped head to the sidelines until your teammate catches the ball with one hand and you are right back in the game

## DODGEBALL

The main objective in dodgeball is to eliminate all members of the opposing team by throwing the ball at them. Plays must dodge the ball to remain in the game and the team who manages to eliminate all of their opponent's first are deemed the winners.

## FOUR SQUARE

The object of the game of four square is to eliminate players in higher squares so that you can advance to the highest square yourself. Four square is played with a rubber playground ball on a square court with four players, each occupying a quarter of the court. The ball is bounced between players in squares until a player makes an error and is eliminated.

## FLAG FOOTBALL

Flag football is played with two teams of 5-8 players who attempt to score points by moving the ball down the field across the goal line. The team with the most points at the end of regulation time is the winner.

## ULTIMATE FOOTBALL

Ultimate football is a combination of American football and ultimate Frisbee. Ultimate football is a non-contact sport.

## VOLLEYBALL

A game played by two teams with six players on each team. Separated by a net, in which each team tries to score by causing the ball to land on the opposite team's court.

## WIFFLEBALL

Similar rules to softball but the game is played with a plastic bat and plastic ball. When the wiffleball is hit over the "fence" it's an automatic

## TRACK & FIELD

Track and field is a sport that includes athletic contests based on running, jumping, and throwing skills.

## VIRTUAL REALITY

**\*\* New for 2022\*\***

VR is a computer generated simulation in which a person can interact with a 3-D environment using goggles and headsets.

## CODING

**\*\* New for 2022\*\***

So what exactly is coding? The process that professionals use to write code that instructs how a computer application or software program performs. They need to be given very specific instructions in a language designed for them understand.

## BOTTLE ROCKET SCIENCE

launcher powered by a hand bicycle pump or small compressor fills a plastic pop bottle rocket with compressed air. When the bottle is released from the launcher, air escapes the bottle

## LEGO CHALLENGE

Is a simple prep, fun way to sneak some STEM learning (science, technology, engineering and math) into the day. With cards that range from easy to difficult, little engineers will love tackling the designs.

## ELEPHANT TOOTHPASTE

Elephant's toothpaste is a foamy substance that's created when you combine water, hydrogen peroxide, yeast, and dish soap. Campers will enjoy creating and experimenting with this great science project!